

February-Heart Healthy Month

Happy belated Valentines Day everyone! I hope you enjoyed your loved ones even more than you usually do! Did you get a valentine? Did you send one? Are you still speaking to your spouse? If so, you must have done right! We couldn't have asked for a better day with the sunshine, beautiful snow covered hills, and no wind! Time well spent with the ones we love to bring us all back to what is most important! Which brings me to my next article on how to prevent a heart attack and how to handle one if you or your loved ones are unfortunate to have one.

February is "American Heart Month" and it is a serious problem, it is the leading cause of death in America!

7 Possible signs of a heart attack

1. Chest pain, this is a classic symptom and may occur suddenly. This symptom may even occur while one is resting.
2. Pain radiating down both arms and up to the jaw, neck or back. This symptom may be described as a choking, squeezing, burning, or pressurized sensation. This pain is know to be constant and intense.
3. Nausea, vomiting, or other digestive discomfort may be present.
4. Fear of death...the person feeling this pain, may believe it so bad they die-(WHAT???, this one baffles me a little bit)
5. Weakness, this tends to be more in the arms. The person may also have increased perspiration and skin paleness may be present.
6. Shortness of breath or difficulty breathing.
7. Weak and rapid pulse.

*A good laugh and a long sleep are the best cures in the doctor's book!
What are you waiting for, get to laughing!*

If you suspect someone's having a heart attack

1. Call for medical help immediately
2. Ensure someone who is trained in CPR is present.
3. Keep the patient calm, quiet, still and lying down if possible

8 lifestyle habits for a healthy heart

1. Quit smoking
2. Maintain a healthy weight and eat a diet low in fat and cholesterol
3. Control your blood pressure
4. Learn to handle stress-something we all need to work on!
5. Exercise regularly
6. Limit alcohol consumption- Sorry Alex, maybe practice meditation instead of consumption
7. Have regular physical examinations
8. Follow your doctor's orders if you are under care for heart problems



A great quote to live by:

"If I'd known I was going to live so long, I'd have taken better care of myself.", Leon Eldred

Three Way Inc

790 Fusion Lane
PO Box 250
Buffalo, WY 82834
307-684-5933

P.O. Box 1163
408 13th Ave. SW
Watford City, ND. 58854
701-842-4124

Congratulations to Alicia Madsen for being nominated to the Chamber of Commerce Board in Watford City, ND. It's nice to know that her involvement in the community has not gone unnoticed! Keep up the great work Alicia!

Ranchester Lagoon Repair

Three Way has started a project for the City of Ranchester this month with Casey Tippetts taking on the roll of supervisor. The job has a deadline of January 18th, 2011, but Wayne, who is the project manager on the project, said that they will be done before the deadline even with work being shut down for a few months due to weather.

The work will consist of replacing the dewatering system as well as multiple valves on the system. They will eventually be installing new liners and a new aeration system for the city.

There are 2-3 workers on the project with a few subcontractors working on the electrical and pond liner part of the project. Sounds like the project has been running smoothly, with a few typical bumps in the road.

Wayne said work should pick up in March for his crews! Can't wait!

Health Insurance Reimbursement

There have been a few questions regarding the health insurance reimbursement and dates that it is added to your paycheck. The following dates will be when your reimbursement will be added to your check if you have already qualified for this benefit. Please note that February's reimbursement will be in March, March will be issued in April, etc. Please call Robb in Payroll if you have any questions.

February	03/12/10
March	04/09/10
April	05/07/10
May	06/11/10
June	07/09/10
July	08/06/10
August	09/10/10
September	10/08/10
October	11/12/10
November	12/10/10
December	01/07/11

Upcoming Events

- February 26-Mandatory Safety Meeting for Wyoming Branch: 6:30am @ the TWI shop
- March 5- Mandatory Safety Meeting North Dakota Branch: 6:am central time in the basement of Outlaws
- March 13- Johnson County Health Fair from 9-12pm at the JC Fairgrounds

"You've done it before and you can do it now. See the positive possibilities. Redirect the substantial energy of your frustration and turn it into positive effective, unstoppable determination."

Ralph Marston